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A method for monitoring a network state includes the steps of assigning a destination and a monitor period to a module for monitoring a state of a network installed in a source area; generating a specific packet for measuring a bandwidth and a degree of congestion of the network; transmitting the specific packet through a network layer to a designated destination; returning the packet received by the destination to the source area; analyzing a message transmitted from the destination and measuring a bandwidth and a degree of congestion of the network; and repeatedly performing the step of generating the packet and the following steps in every assigned monitor period during a predetermined time, thereby recognizing a network state.